‘The first help we got was from outsiders’

10 years after Katrina, survivors remember when the Canadians arrived to lend a hand

ROSEMARY WESTWOOD IN NEW ORLEANS

Vancouver metro

Your essential daily news | WEDNESDAY, AUGUST 26, 2015 | High 22°C/Low 13°C Partly Cloudy

RIPE FOR THE PICKING

CANADA’S BLUEBERRY CROP CAN HELP YOU FIND LOVE

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CONTRIBUTED

ROBBED OF PUPPY LOVE

VICTORIA FAMILY DEVASTATED THEY MAY NO LONGER RECEIVE A BOSTON TERRIER THEY ALREADY BOUGHT

metroNEWS

No halfway house for police killer

JUSTICE SYSTEM

Man convicted in 1975 must pay for own lodgings

Four decades after he escaped the hangman’s noose, a convicted murderer has been told he no longer needs the structure of a Vancouver Island halfway house and must find his own home.

Elery Long, 70, has a pension and can afford reasonable housing, the Parole Board of Canada said in a recent decision.

Long shot Delta police Staff Sgt. Ron McKay in 1974, was convicted the following year but his death sentence was later commuted to life without the chance of parole for 25 years when the death penalty was abolished.

In March, the board granted Long full parole but imposed a six-month residency condition, requiring him to remain in a community residential facility in an unnamed city.

He subsequently wrote the board two letters, saying he was stressed and struggling with rejection because he couldn’t find non-profit or seniors’ housing and feared being a failure.

The board said Long’s case management team did not support his request.

“Your CMT suggests it is not appropriate for you to live a lifestyle devoid of rent and bills simply because you are serving a life sentence when other seniors in the community do not have such an opportunity,” the board wrote in its decision.

It said Long needs to lower his standards and find a home in a less-desirable area, is capable of avoiding negative influences and has a support network.

Long’s parole officer is confident he will be able to deal with stress in a “pro-social manner,” the board found.

A 2011 psychological assessment also found Long was a low or moderate risk to reoffend and was suitable for full parole.

Long was granted day parole in 2000 and full parole two years later but was in and out of prison for using drugs and associating with sex-trade workers and a known offender, the decision said.

It said Long’s case management team has had no concerns since his last parole suspension in 2013.

Long appears to have not used drugs in years, has completed all programming, is abiding by his release conditions and maintains his health and fitness, the board said.

McKay was 47 when he was shot in the chest in Tsawwassen, B.C., leaving behind a wife and two teenage children.

Chief Const. Neil Dubord said Long’s parole has been revoked about a dozen times since his initial release. “Long has failed attempts to successfully reintegrate himself in civilized society even with the support of a system that was designed to achieve just that,” he said.

“It still remains the opinion of the Delta Police Department that this individual should never have been released.” THE CANADIAN PRESS

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metro NEWS

Your essential daily news

British say Big Ben running a few seconds slow. **World**

Smoke rises above Pateros, Wash., at sunset Tuesday. Vancouver cancelled its air advisory Tuesday, but smoke remained thick in parts of southeast B.C. TED S. WARREN/THE ASSOCIATED PRESS

Smoke still in forecast inland

CLIMATE

Sooty air from Washington wildfires still blowing in

Smoke from wildfires in Washington state has eased up in parts of southern British Columbia, but forecasters were expecting sooty air to continue blowing into the region for several days.

Metro Vancouver cancelled its air quality advisory Tuesday, saying winds moved contaminated air away, clearing the eastern Fraser Valley.

But smoke remained thick throughout the Kootenay and Columbia regions in southeast B.C., said provincial fire information officer Ryan Turcot.

He said the heaviest amount of smoke was predicted to cloak the southern Interior on Wednesday.

There was no indication that Vancouver's improved air quality would extend elsewhere, he said.

"Smoke certainly is still in the forecast for the next three to four days. Not so much (Vancouver) Island but certainly anything inland, in the south."

> **It was just like we were blanketed in pea-soup fog, but it was smoke.**
> Randy Benson, the Kelowna Gospel Mission

The province has been coping with one of its worst fire seasons in years. On Saturday, smoke from the massive Stickpin fire, about 4.5 kilometres south of the border, began drifting into British Columbia.

In Kelowna, a shelter announced round-the-clock openings to help the homeless get out of the smoke.

"It was just like we were blanketed in pea-soup fog, but it was smoke," said Randy Benson, executive director of the Kelowna Gospel Mission. "Pretty unbelievable, I've never seen it this thick here."

Most people can avoid the effects of oppressive smoke by staying inside, but that's not an option for everyone, Benson said.

"When the climate is a health issue, we want to make sure people have a safe place to be indoors."

He said many homeless people already have weakened immune systems, and the smoke can cause sore eyes while aggravating breathing and sinus problems.

Benson said the smoke was worse than during wildfires around the city in 2003, when hundreds of homes were destroyed and tens of thousands of people were forced out of their residences.

A total of 182 wildfires are burning across the province, with 10 new blazes ignited on Monday. All but two of the new fires were human-caused.

About 2,000 people are fighting the blazes, either in the field or from command posts. Another 600 contractors are working alongside regular crews.

Twelve notable wildfires were burning in British Columbia on Tuesday.

THE CANADIAN PRESS

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Orca assessed by drone

MARINE LIFE

Remote aircraft used to monitor whale's injury

Emily Jackson
Metro | Vancouver

Researchers used a drone to assess the wellbeing of a young, injured killer whale that was apparently struck by a boat in B.C.'s Johnstone Strait last Saturday.

The orca, since identified as six-year-old Fern from the northern resident population, had extensive but superficial wounds on its flank and dorsal fin when the crew from the Vancouver Aquarium and the National Oceanic and Atmospheric Administration spotted it on Saturday morning, according to a statement from the aquarium.

Researchers were able to check out Fern's wounds using a drone, which took photos from more than 100 feet above the whale as mandated by Canada's Species at Risk Act.

Scientists suspect that the six-year-old orca was struck by a boat in B.C.'s Johnstone Strait. It is expected to survive, but boaters are warned to be careful. COURTESY VANCOUVER AQUARIUM/NOAA

Luckily, Fern was still engaging in social activity and behaving normally.

The orca's wounds are expected to heal.

Researchers will continue to use the drone to monitor Fern's recovery.

Boat strikes on killer whales are rare, but incidents do happen, according to aquarium biologist Meghan Moore.

Indeed, Fern's great uncle Fife sustained injuries believed to be from a propeller 12 years ago, Moore said.

The cuts on Fife's dorsal fin healed and the orca is alive and well.

100

For the safety of humans and marine life alike, boaters should not go closer than 100 metres to whales and dolphins.

IN BRIEF

Mounties ask for help identifying liquor thief

Mounties are asking the public for help identifying a man who they allege has stolen from a Port Coquitlam liquor store on two separate occasions.

According to Coquitlam RCMP, the man allegedly took two bottles of Talisker Scotch and left without paying from a liquor store in Port Coquitlam last Tuesday.

He is believed to be the same man who allegedly stole liquor from the store earlier, police said.

Investigators obtained an image of the man through the store's surveillance video and are releasing it with the hopes that someone might recognize the man.

Anyone with information is asked to call Coquitlam RCMP at 604-945-1550 or Crime Stoppers, if they wish to remain anonymous, at 1-877-222-8477.

THANDI FLETCHER/ METRO

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SOCCER

FIFA a boon to B.C. economy

The B.C. government says it scored big time by hosting the 2015 FIFA Women's World Cup.

The province predicts the soccer tournament had an even larger economic impact than the $52 million originally estimated, according to a Tuesday news release.

It has not yet released the final numbers, but it says preliminary calculations suggest its $2-million investment to host nine matches in Vancouver was a good one.

It was the most popular women's tournament in FIFA history, according to the soccer organization.

Four games at B.C. Place attracted more than 50,000 people to the stadium, where 620,000 food and beverage orders were taken over the course of seven matches.

The final match — it was sold out — was the most viewed soccer match in the history of American TV, according to the news release.

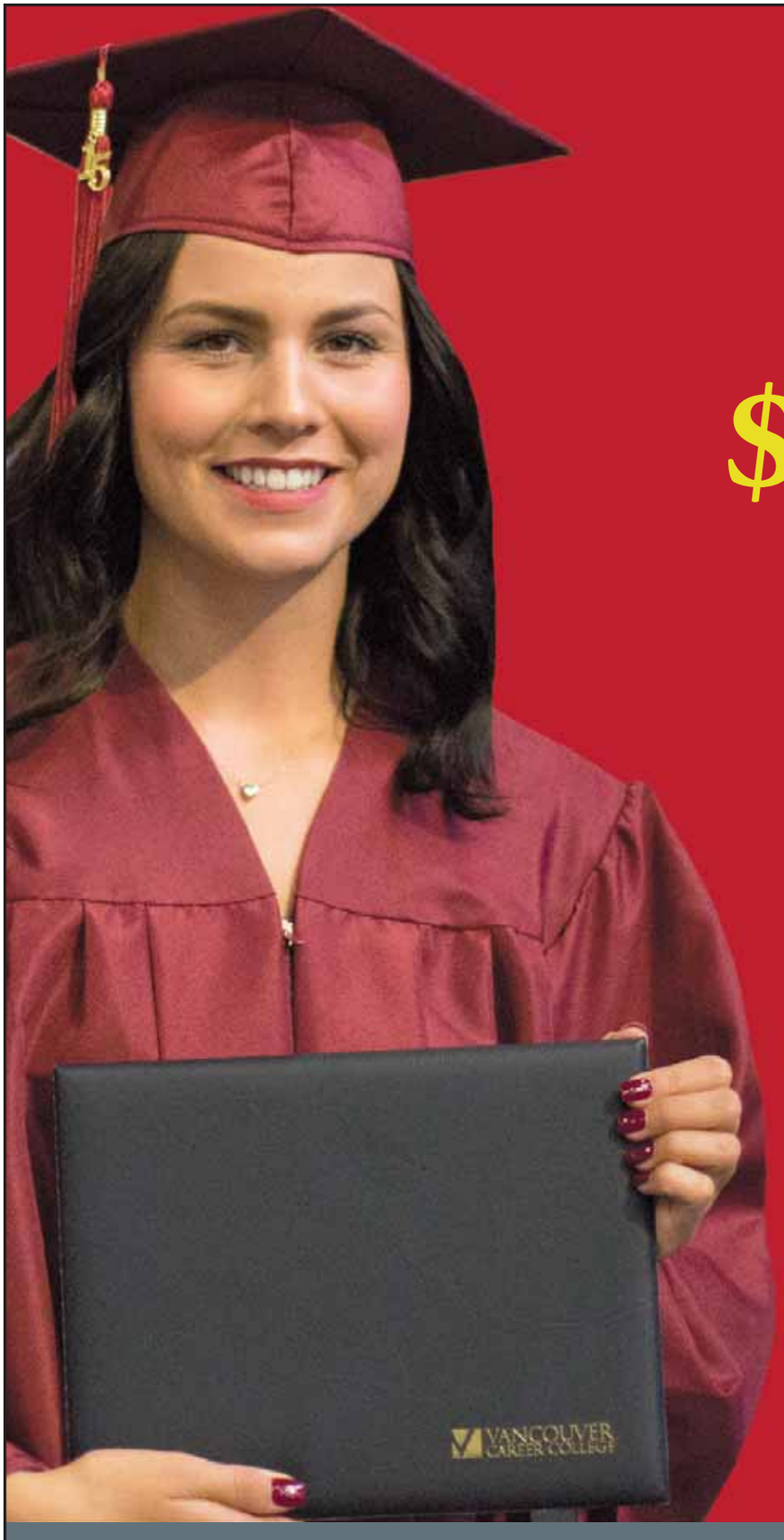
On top of that, 100,000 people visited the fan zone set up at Larwill Park in downtown Vancouver.

"This further strengthens our reputation as a premier destination for hosting events, and builds on past achievements like the 2015 Canada Winter Games and the 2010 Winter Olympics and Paralympics," Minister Peter Fassbender said in the statement.

Soccer is the most popular sport in B.C. More than 122,000 people are registered with the B.C. Soccer Association.

EMILY JACKSON/METRO

Tommy Wiebe of Vancouver joins fans gathered outside of BC Place stadium prior to the FIFA Women's World Cup. JENNIFER GAUTHIER/FOR METRO



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SkyTrain petitioners out of luck

TRANSIT

TransLink says it has no plans to extend service times

Emily Jackson
Metro | Vancouver

Demands for late night SkyTrain service from downtown Vancouver to the burbs have resurfaced in an online petition that has gained significant traction in just two weeks.

More than 2,300 people have signed the Change.org petition posted on Aug. 11 asking TransLink, Mayor Gregor Robertson and Premier Christy Clark to extend service on the Expo and Millennium lines to 3:10 a.m. on Fridays and Saturday in order to accommodate revelers pouring out of bars and clubs.

But TransLink has no plans to listen to the thousands of petitioners worried people will drive drunk instead of taking expensive cabs to Surrey or the "dreaded" night buses.

Spokesperson Chris Bryan said in an email this week that TransLink uses the off hours to conduct maintenance to the tracks. "We try to schedule all critical maintenance during our non-service hours so to minimize impacts to the travelling public," Bryan wrote.

> **We need literally every minute available in the off hours to do the maintenance ...**
> Chris Bryan, TransLink spokesperson

"We need literally every minute available in the off hours to do the maintenance necessary to keep the system safe and reliable."

He noted that some transit systems such as the Tube in London close lines for entire weekends at a time to conduct maintenance. TransLink avoids that by doing maintenance at night, he said.

But he also wrote that TransLink needs a minimum of 2.5 hours to maintain the system.

That indicates there's some wiggle room, as current schedules state the last train leaves Waterfront at 1:16 a.m. on Fridays and doesn't start at King George until 6:08 a.m. on Saturdays.

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RCMP

Man attempts to abduct teen girl

North Vancouver Mounties are warning the public and searching for suspects after two men allegedly attempted to abduct a 16-year-old girl near Capilano Mall in early August.

One man allegedly approached the girl, told her she was beautiful, grabbed her hand and pulled her toward a car where another man was waiting in the driver's seat, according to a statement from North Vancouver RCMP about the incident that occurred in the 900 block of Marine Drive on Aug. 6 around 1:45 p.m.

The girl escaped before the suspect could pull her into the car, which police describe as a 1990s black sedan similar to a Honda Accord or Toyota Corolla.

Police released a sketch of the first suspect on Tuesday. He is described as a black, 6-foot-tall, approximately 40-year-old man with a bulky build and large shoulders who was wearing dark clothing.

A sketch of the suspect.
COURTESY NORTH VANCOUVER RCMP

The second suspect is described as an approximately 40-year-old black man.

Anyone with information is asked to call North Vancouver RCMP at 604-985-1311 or Crime Stoppers at 1-800-222-8477.

THE CANADIAN PRESS

IN BRIEF

New offence prompts one day in jail for man

The father of a man killed 10 years ago in a horrifying gas-and-dash in Metro Vancouver is furious about the latest sentence handed to his son's killer. Doug de Patie says the parole board informed him Darnell Pratt has pleaded guilty to charges including theft under $5,000 for stealing a car and was sentenced to one day in jail and a year's probation.

Pratt was just 16 when he hit de Patie's son Grant, 24, a gas station attendant in Maple Ridge, B.C., and dragged his victim more than eight kilometres to his death. THE CANADIAN PRESS

Maple Ridge to dump Sally Ann shelter operator

The City of Maple Ridge is severing ties with the local Salvation Army shelter in a dispute over how the problem of homelessness should be handled in that Metro Vancouver suburb.

Mayor Nicole Read says clients of the Salvation Army's "Caring Place" return repeatedly to the facility.

Council believes that amounts to a "dysfunction" because it says the Salvation Army can't seem to help the homeless connect to the services and housing that would get them off the street.

THE CANADIAN PRESS

‘We just want our dog’

VICTORIA

Family ‘crushed’ after puppy they bought ends up with the SPCA

Thandi Fletcher
Metro | Vancouver

A Victoria mom says her family is heartbroken after finding out they may no longer get the Boston Terrier puppy they bought last month after the breeder surrendered the dog and 26 others to the SPCA this week.

Colleen Acton said she and her young sons — seven-year-old Dante and four-year-old Colton — were disappointed to learn the puppy they were expecting to bring home at the end of September is now available for adoption at the BC SPCA’s Cowichan and Distract branch, and that there is no guarantee they will still receive the dog.

“It’s devastating,” she told Metro in an emotional phone interview Tuesday. “My oldest one cried himself to sleep last night because he overheard us saying the dog is not coming home.”

She said her family paid a $1,000 deposit for a Boston Terrier puppy from Bluwater Bostons, a registered breeder in Chemainus. The family spent two years searching for a dog to adopt from the SPCA but were unsuccessful finding one that would suit a household with young children. Earlier this year, she said her husband Justin surprised her for her birthday with news he had purchased a puppy.

On Monday, however, they found out the breeder had surrendered 11 adult dogs and 16 four-week-old puppies after they could no longer care for the animals due to a medical problem. The nursing moms and puppies will remain at the shelter for at least a month before they are adopted.

After contacting Cowichan SPCA, Acton said she was told she would need to pursue the case through civil court to recoup her money from the breeder.

When she asked if the puppies would be given to people who have already paid for them, Acton said she was told to submit an adoption application and that there were no guarantees she would still receive the dog.

Since a photo of one of the dogs was posted on Facebook on Monday, there has been a flood of interest from dog lovers looking to adopt the animals. Acton said she is concerned the puppies will go to other families, and that those who paid for the dogs from the breeder will be left empty-handed.

“The SPCA isn’t even considering giving the puppies to the rightful owners,” she said. “I totally understand that they’re doing what they need to do, but I have two boys that are now crushed that there’s no dog.”

Requests for comment from Cowichan SPCA were not returned before deadline on Tuesday, but BC SPCA spokeswoman Lorie Chortyk said there is no guarantee those who paid for the dogs would still receive them.

Although the Cowichan SPCA branch will take note of applications from those who purchased the dogs, she said the organization’s policy is to match dogs with homes that it deems is the best fit.

“We’ve told them to come and make an application and we’ll do everything we can,” Chortyk said.

Although her family had yet to meet the puppy, Acton said her boys had already picked the name Monroe for the young dog. Acton had also scheduled leave from work so she could be home with the puppy to train it at the end of September.

She said she hopes Cowichan SPCA will give priority in the adoption process to those who paid for the dogs.

“I just want the SPCA to understand that there are families that are willing and wanting to have these dogs,” she said.

“We just want our dog.”

One of the Boston Terrier puppies that Chemainus breeder Bluwater Bostons surrendered to the Cowichan SPCA on Sunday. Inset: Colleen Acton with her sons Dante, 7, and Colton, 4, and her husband Justin. BLUWATERBOSTONS.COM; INSET: COURTESY COLLEEN ACTON

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Editorial pooh-poohs lack of sewage plan in Victoria

CRITICISM

Mayor claims 'urgency' in rectifying the dilemma

Emily Jackson
Metro | Vancouver

A Seattle Times editorial criticizing Victoria for dumping its sewage directly into the ocean is making a splash north of the 49th parallel.

Local politicians are responding after the newspaper raised a stink about Victoria's "constipated political process" that has thwarted plans for a sewage treatment plant. The editorial proposed a renewal of the 1993 tourism boycott if Victoria doesn't stop "treating the Puget Sound like a toilet bowl."

But Victoria Mayor Lisa Helps said Tuesday the timing of the piece was ironic, as it came the same week the city announced steps in its plans to (finally) build a sewage treatment plan.

"The timing was rather unfortunate ... we had literally just taken some key steps forward," she said, adding the city has been working hard since last April when Esquimalt councillors killed a plan for a sewage treatment plant on its shoreline.

The city has since chosen additional sites for further analysis and created a technical oversight panel with wastewater and financial experts from across North America, she said.

Helps said there is a "sense of urgency" moving forward because funding for the estimated $788-million project is contingent on having a revised plan by March 2016.

"Even if funding dollars weren't tied to that deadline, it's good to have something to aim for," she said, adding she's pleased the Seattle Times published her rebuttal to its editorial.

Helps is adamant that a plant will get built under her leadership. She says she has a reputation for getting things done.

Meanwhile, the city is boasting record-breaking tourism numbers. She welcomes people to come visit for the vibrant craft beer, coffee and food scene — and eventually a sewage treatment system that she believes will make both locals and visitors proud.

Local sewage activist James Skwarok, also known as Mr. Floatie, dips his boot into the water near Clover Point in Victoria. A Seattle Times article proposed a tourism boycott if the city doesn't stop treating the ocean like a "toilet bowl." CHAD HIPOLITO/THE CANADIAN PRESS

> **The timing is rather unfortunate.**
> Victoria Mayor Lisa Helps

IN BRIEF

Deja vu for rescuers who locate mushroom picker

A mushroom picker is safe after spending two nights lost in the bush in northwestern British Columbia. But for searchers, his rescue was practically a reunion.

Smithers Search and Rescue spokesman Whitney Numan says the man in his 70s went missing in the Kispiox Valley, northwest of Smithers.

Numan says the man's disappearance last Thursday came almost one year to the day that he became lost in the Nass Valley.

In the latest incident, Smithers rescuers worked with their counterparts in Houston, as well as an RCMP dog handler and a police helicopter as the full-scale search began Friday.

Team members say the man turned the wrong way when he tried to return to his truck after becoming separated from his family in the rugged area. He was found Saturday, hungry and thirsty but otherwise OK.

THE CANADIAN PRESS

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GREEN PARTY

Mulcair dismissive of smart politics: May

Elizabeth May is accusing NDP Leader Tom Mulcair of giving cover to Stephen Harper by refusing to participate in debates his Conservative rival does not attend.

The Green Party Leader says it's shameful and shocking that Harper — and now Mulcair, as a result — won't show up for a scheduled debate on women's issues, which has been cancelled as a result.

May says the other party leaders should be holding Harper's feet to the fire by attending the debates, leaving an empty podium to indicate the prime minister's absence.

May made the comments while unveiling her party's national housing strategy in Burnaby, B.C.

May, who is running for re-election in Saanich-Gulf Islands, is urging Mulcair to reconsider, saying it's not smart politics for the NDP leader to be so dismissive of a debate about women's issues.

The debate's organizers say they will instead hold one-on-one interviews with the leaders to discuss issues important to women — an alternative Mulcair said he supports, because it allows for a complete discussion.

Mulcair says he would have preferred the full debate format with Harper present, but barring that, the individual interview is the best he can do under the circumstances.

THE CANADIAN PRESS

Green Party Leader Elizabeth May is urging NDP Leader Thomas Mulcair to reconsider his decision to not participate in a scheduled debate on women's issues. DARRYL DYCK/THE CANADIAN PRESS

IN BRIEF

Elderly woman dies in Kamloops apartment fire

An elderly woman has died in an apartment fire in Kamloops.

The blaze started at around 10:30 p.m. Monday in a suite south of the main downtown area of the city, not far from Royal Inland Hospital.

Neighbours used a garden hose to douse the flames before firefighters arrived. The unnamed woman was found in the apartment but could not be revived.

The cause of the fire is under investigation, but officials suspect she may have fallen asleep in a chair while smoking.

THE CANADIAN PRESS

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ELECTION 2015

Harper talking economy once again

A feistier Stephen Harper appeared on the campaign trail Tuesday as volatile world markets pushed the election debate back to his favourite subject: the economy.

The Conservative leader launched a pointed attack on the Liberals' fiscal record of the 1990s, shared his concerns about the global economy and even took the unusual step of emerging from his tightly managed campaign bubble to mingle with ordinary folks in Quebec City.

Harper's day unfolded as turbulent markets rebounded in part from Monday's steep slide, crude-oil prices bounced back but stayed below $40 US a barrel and the dollar remained low.

"These are challenging times, but I think they speak once again to why this government's strategy is the correct one," Harper said in Quebec City, where he announced a plan to improve port facilities in the province.

"You do not — as any financial planner will tell you, whether it's from the prime minister on down — you do not run around and change your plans based on daily market news. You have a long-term plan and you stick to it."

The renewed focus on the economy arrived at an ideal time for Harper.

It has partly overshadowed potentially damaging revelations that have come out at the Mike Duffy trial. Harper has fielded numerous uncomfortable questions related to senator's expenses scandal in recent weeks.

The shift came as polls suggest Harper is locked in a tight three-way battle with the NDP and the Liberals.

It also coincided with a rare campaign-trail activity for Harper: Greeting people outside of a tightly controlled environment or a partisan event.

THE CANADIAN PRESS

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Chris Woodcock, former director of issues management in the PMO, testified Tuesday that Duffy himself agreed to use the PMO's "lines" almost verbatim. JUSTIN TANG/THE CANADIAN PRESS

Former aide had audit concerns

DUFFY TRIAL

Woodcock tells court he never scripted senators' words

A senior aide in Prime Minister Stephen Harper's office who helped manage the government's response to the unfolding senate expense controversies in 2013 says he never "scripted" lines for Senator Mike Duffy or Conservative senators.

Chris Woodcock testified he merely pulled together comments that reflected their own views as they arrived at them independently.

Woodcock appeared defiant and sure of himself. But he stumbled at one part of his testimony when he said he was "uncomfortable" at only one point in 2013 when the PMO was trying to contain the Duffy story.

It was, he said, when emails were exchanged within the PMO discussing Nigel Wright's contact with Sen. Irving Gerstein over the latter's approach to Deloitte auditors. The firm was then doing a review of senate residency expenses at a senate committee's request.

The communications strategist agreed with Duffy's lawyer Donald Bayne that it would have been "improper" to script the conclusion of an audit, and denied that ever happened. He said, "I felt wary and concerned that if this was to cross a line" he might become "very" uncomfortable with it, but, he added: "As I recall it didn't get to that point.

"It didn't become a large problem."

Woodcock is the third senior PMO aide to testify for the Crown against Duffy in the suspended senator's trial on fraud, breach of trust and bribery charges.

A key part of the Crown's theory is that Duffy was an equal partner, if not the instigator, of the scheme to be "kept whole" if he admitted a mistake in his claiming $90,000 in dubious housing expenses and per diems.

Woodcock took issue often with Bayne, insisting he didn't direct what Duffy or other senators should say and that Duffy himself agreed to use the PMO's "lines" almost verbatim with only minor modifications

Woodcock has already said he never read an email from his boss Nigel Wright advising that Wright was going to pick up the $90,000 tab for Duffy's expenses "personally." TORSTAR NEWS SERVICE

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Canadian and U.S. flags fly side by side in St. Bernard Parish in September 2005. CONTRIBUTED

special feature

After Hurricane Katrina hit, the first outside help to arrive in one devastated community was a team of Canadians. Metro's Rosemary Westwood reports from New Orleans.

Rescued by the 'Mounties'

This is the first in a three-part series on New Orleans's ongoing struggles ahead of the 10th anniversary of Katrina.

St. Bernard, Louisiana.

Wanda Crownin sits smoking a cigarette in Lehrmann's Bar, in a booth beside the pool tables, the weekend before the 10-year anniversary of Hurricane Katrina.

The bar was made famous for staying open through the storm and ensuing crisis, an air-conditioned oasis for first responders including a 46-member heavy search-and-rescue (HUSAR) team from Vancouver, some of whom rescued Crownin's mother.

"They floated her on a mattress to St. Bernard highway, and a helicopter took her out across the water," she says. "We're always grateful."

Shaun Murphy, then a captain with the St. Bernard fire department who now lives in Tennessee, remembers first spotting the Canadians in the days after the storm.

"I saw these guys coming out of one of our neighbourhoods," he tells me. "I knew everybody who was supposed to be there. One of them said they needed some help to get a lady out of the house. And I said, 'Who are you guys?" He said they were from the Canadian search-and-rescue. I said, 'I'm not trying to be a smart ass or anything, but where the hell did you come from?' At that point no one was helping us — we were on our own.

"It was very mixed emotions," Murphy says. "One, the fact that somebody was actually there to help us was awesome, and the other part is that I can not believe, for the life of me, the United States of America, as big as they are, wasn't here, and the first help we got was from outsiders."

* * *

St. Bernard is a separate municipality adjacent to New Orleans, a bedroom community, a rural home to fisherman and shrimpers, and an industrial hub with a sugar refinery and two oil refineries. Before Hurricane Katrina, 66,000 residents lived there.

"The wind shifted after the eye passed," remembers Fire Chief Thomas Stone, who weathered Katrina's battering from inside his office on Aug. 29, 2005. "And I'm thinking, 'Oh, I think we made it.' Wrong."

The levees of the Industrial Canal to the west broke first, and Stone watched whitecaps roll up the road. The water rose 4½ metres in 20 minutes. It thrust houses into streets. It cut electricity, downed cell towers and left thousands of people stranded in sweltering heat.

"The wind shifted after the eye of the storm passed. And I'm thinking, 'Oh, I think we made it.' Wrong."

Thomas Stone, St. Bernard Parish fire chief

* * *

While people all along the Gulf Coast had fled the Gulf Coast, Tim Armstrong was trying to find a way in.

The province of B.C. had offered assistance to Louisiana, and Armstrong — one of the leaders of Vancouver's HUSAR team — secured a plane. They took off for Baton Rouge (New Orleans' airport was closed), but had to re-route to Lafayette mid-flight when they heard Baton Rouge was out of fuel. Upon landing, the team made its way to Kenner, where — within a 30-minute drive of the devastated communities — they were almost sent home.

The now infamously slow U.S.-government response had left victims of the flooding without food and water for days. There were rumours of mass looting and civil unrest (much of it later proved unfounded — people had mostly taken food and basic supplies). Authorities were preparing to send in the National Guard.

"You actually feel you made a difference ... I feel proud that we were down there and we were Canadian."

Tim Armstrong, Vancouver heavy search and rescue

Rescue operations were on hold, the Canadians were told. They might as well leave.

"We're like, what? We've gotten all the way here to support and help and now they say there's no mission for you," Armstrong remembers, incredulity still in his voice.

Then two detectives with Louisiana State Police walked in. There's a problem in St. Bernard Parish, they said. "The town's totally under water, and the locals are trying to do the best they can and there's been no outside help come in there."

The Canadians had a mission.

* * *

Armstrong's first look at the community was of rooftops poking out of water as far as the eye could see. At emergency-operation headquarters, Armstrong met Henry "Junior" Rodriguez, St. Bernard's outspoken and boisterous equivalent of a mayor, and the reason why, to this day, some in St. Bernard still falsely believe they were rescued by the RCMP.

"He had a gavel and a jar of dill pickles beside him and a dog curled up around his feet," Armstrong remembers.

"Vancouver, where's Vancouver?" Rodriguez asked. Canada, he was told.

"He stood up and said, 'Hey everybody, the Mounties are here!'"

* * *

Before the Canadians arrived, Chief Stone already had about 100 firefighters commandeering any fisherman's boat they could find to search for survivors. With the Canadians came more resources and equipment, and a more sophisticated operation.

There were 25,000 houses and 3,000 businesses to search. The teams would start 12-hour shifts at 6 a.m. It was gruelling, gruesome work.

"The temperatures were in the high 90s, the humidity was very high," said Stone. "You'd go all day with a sandwich and a few bottles of water, so it was, like, rapid weight loss." He laughed a little.

"It was miserable. Everything you can think is in the flood water: human waste, dead animals, dead humans, hazardous materials that people keep in their homes."

A tank at one of the oil refineries was damaged, spilling about 1.1 million gallons of crude into the water too. They came across giant snakes while searching homes.

"People were in desperation mode," Armstrong remember. "Everywhere we turned, people running out of their medications were swarming us when we'd arrive in areas. Trying to find someone to communicate with their loved ones. It was just absolute chaos, like you've never seen before."

Stone showed me a map of the community peppered with little red dots representing each of the 129 bodies found. Armstrong's first fatality was a mother whose family had floated her on a mattress for days, and who died from the heat.

"It was really heart wrenching to get people out of there, and then they still had no real place to go, and didn't know what was in store for them," Armstrong wrote in a dispatch from Sept. 3.

Ronnie Lehrmann, owner of Lehrmann's Bar, remembers the Canadians as among his rescue-worker clientele.

"We opened up from seven to 10, and sometimes six till 10, and we just gave everything away," he said.

"Sometimes you had 50 or 100 on the street out there waiting to get a cold beer. We had to blow a whistle every 15 minutes, say, 'OK, 10 people out, 10 people in.'"

* * *

In the decade since the storm, firefighter Shaun Murphy has become a Canucks fan, and Armstrong and Stone have become friends. Armstrong has been back to visit St. Bernard twice — he's now an honourary citizen — and Stone has visited Vancouver.

It's a friendship encapsulated in a single photograph, snapped as the Canadians were preparing to pull out after an exhausting week of operations. The team gave Stone a large Canadian flag, and he told them to hoist it on a makeshift flag pole.

"Then some of the U.S. Coast Guard guys got a little uppity about having a Canadian flag displayed," Armstrong said. "Of course, in true U.S. style, they had to find a bigger flag and fly it a little higher."

Katrina still looms large in St. Bernard Parish. Half the population had still not returned by 2010. Sprawling, lush lawns mark where houses used to sit.

Stone jokes that St. Bernard is now the dollar-store capital of the world, while grocery stores remain scarce.

On Friday, Aug. 7, Armstrong got a package at his New Westminster office. Sent by Dani Babineauy, whose cousin was rescued by the Canadians, It contained a thank-you card, and a box of T-shirts that read "Mounties are our heroes to St. Bernard."

"You actually feel you made a difference in not just one person's life, but many," Armstrong said of that week in St. Bernard. "And I feel proud that we were down there and we were Canadian."

Tomorrow: A Canadian helps rebuild the Lower Ninth Ward

"People were in desperation mode ... It was just absolute chaos, like you've never seen before."

Tim Armstrong

"It was really heart-wrenching to get people out of there, and then they still had no real place to go."

Tim Armstrong

QUICK GUIDE: VANCOUVER HEAVY SEARCH AND RESCUE TEAM

According to the City of Vancouver, the Heavy Urban Search and Rescue (HUSAR) Task Force is a special operations team of up to 120 members with medical, fire suppression, emergency response, search and rescue, and engineering backgrounds.

The task force rescues victims from major structural collapses and other hazards.

The HUSAR Task Force includes:

- Structural engineers
- Heavy rigging specialists
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The team was deployed to St. Bernard Parish on Sept. 2, 2005, and returned to Vancouver on Sept. 6. Over the course of their mission, they rescued more than 100 people.

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STOCKS

Chinese rate cut fuels TSX rebound; loonie dips again

The Toronto Stock market recovered some ground Tuesday, making up for much of the loss of the previous session as China again cut interest rates in a move aimed at reviving the world's second-largest economy.

The TSX/S&P composite index was ahead 287.02 points at 13,339.76 in mid-afternoon trading, after falling more than 420 points on Monday. But the loonie continued to take it on the chin, falling to 74.93 cents U.S. by the end of the day, the first time it has been below the 75-cent mark since mid-2004.

Tim Caulfield, director of equity research at Franklin Bissett Investment Management, said Canadians have reason to be hopeful after the pounding the Toronto market has taken since the price of oil began sliding.

"A lot of the bad news is being priced into the market so when we look forward we become more optimistic about future return potential," he said.

The move by China's central bank to cut interest rates came after the Shanghai index dropped to an eight-month low Tuesday following a string of recent plunges that took it below the 3,000 mark for the first time since December.

China's economic slowdown started as a side effect of the Communist party's plan to steer the world's second-largest economy to a "new normal" of lower, steadier growth. It has turned into a nosedive that the party is struggling to reverse. THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

The ticker in Times Square announces an upswing in market values Tuesday in New York City. MARY ALTAFFER/THE ASSOCIATED PRESS

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A revolutionary medical procedure has led to a baby boy being born from the same womb that nurtured his mother. MARIA CHENG/THE ASSOCIATED PRESS

One womb unites three generations

HEALTH

Woman gives birth after her own mother donates uterus

For one family in Sweden, a pioneering procedure has led to a baby being born from the same womb that nurtured his mother, uniting three generations.

The new mother, who lost her own uterus to cancer in her 20s, said it was "unimaginable" that she now had her own child, thanks to her mother's donated womb.

"It can't be described how happy we are," she told The Associated Press in an exclusive interview. "It's everything that I hoped for and a little bit more," said the woman, who asked that she and her mother not be identified in order to protect the privacy of her 9-month-old son.

Dr. Mats Brannstrom, who is behind the revolutionary process, has ushered in four babies — all boys — with transplanted wombs; a fifth is on the way.

He said there was something very special about this case: "It's one uterus bridging three generations of a family."

"Feeling him against my cheek was the most wonderful feeling ever," the mother said. In tribute to Brannstrom, she and her husband gave the baby the middle name of Mats. THE ASSOCIATED PRESS

BRITAIN

Big Ben's bongs all wrong

Don't set your watch by Big Ben.

Officials say the famous clock at Britain's Parliament — used by Londoners for decades to check the time — has recently been slow by as much as six seconds.

The 156-year-old clock chimes every 15 minutes and emits deep bongs to mark the hour.

Its inaccuracy was noticed by staff at BBC radio, which broadcasts the bongs live at 6 p.m.

Ian Westworth, one of Parliament's three clocksmiths, told the BBC the clock had become "a little temperamental" with age.

"Imagine running your car for 24 hours a day, 365 days a year for the last 156 years," he said.

Parliamentary officials said Tuesday that mechanics had corrected the clock to within "normal parameters" — within 2 seconds of the right time. They will continue to adjust it by placing pennies on the pendulum — or removing them — to fine-tune its speed.

Parliament's neo-Gothic clock tower is one of London's most recognizable landmarks, and its bell is one of London's characteristic sounds.

The famous bongs echoed through the city without fail through World War II bombing raids, though they have been silenced a few times for repairs, and by accident or the weather. THE ASSOCIATED PRESS

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Clocksmith Ian Westworth

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metro VIEWS

A Canadian Medical Association poll found 29 per cent of doctors were willing to help terminal patients die, raising concerns about future accessibility of the service.

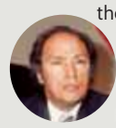
metro's election explainer

How does the economy affect voting day?

It's been a rough couple of weeks in the markets, with the Toronto Stock Exchange plunging seven per cent in the past month and the U.S. S&P 500 losing 10 per cent. The economy is on voters' minds as a recession looms, oil slumps and Greece and China stoke instability.

How is this likely to affect the federal election campaign? There are a few clues. A 2006 study of 27 democratic countries found the weeks surrounding an election tend to coincide with significantly more volatility in the markets, especially if the race is close, or power ultimately changes hands. According to Yale economist Ray C. Fair's model, a strong economy (of which the stock market is only part) tends to make undecided voters wish for more of the same and favour the incumbent candidate. Here's a trip down not-so-good-memories lane that could shed light on what the next weeks might bring amid an economy and an election both very much up in the air.

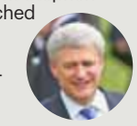
1935
Voters blamed Prime Minister R.B. Bennett for not doing enough to stimulate the economy during the Great Depression. He was trounced by Liberal William Lyon Mackenzie King.



1960s-70s
Buoyed by a booming postwar economy, the Liberal Party saw five consecutive victories between 1963 and 1974 — but at the end of that time inflation and malaise had set in. Liberal Pierre Trudeau secured the PM's job by a margin of just two seats.

1993
Battered by recessions, deficits and an unemployment rate of 11.3 per cent, Kim Campbell's Conservatives were crushed, losing 167 seats and official party status.

2008
During a fall election in the middle of the global economic meltdown, Conservative incumbent Stephen Harper preached the need for stability. He won a minority and, by proroguing parliament, averted an attempt by opposition parties to form a coalition and take him down. The Toronto Stock Exchange, ever averse to change, cratered by about 1,000 points over the course of a week.



The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: readers@metronews.ca

URBAN ETIQUETTE: ELLEN VANSTONE ON COEXISTING WITH CANINES

THE QUESTION

I live near a park where dog owners let their dogs off leash in the on-leash area. Should I say something?

Dear Ellen,

I live near a park where dog owners let their dogs off leash in the on-leash area, even though there is an off-leash area nearby. I think this is wrong because there are little kids around, and some of those dogs can be dangerous, but I feel bad about ruining the fun for the dogs.

Should I say something?
David in Edmonton

Dear David,

Whether or not you should say something depends on several factors. How big are the dogs? How big are the dog owners? How big are you?

If, for example, you are passing by a bunch of foul-mouthed thugs using dagger-tipped fighting sticks to play "fetch" with out-of-control attack dogs, steer clear. Even if there are little kids around who are clearly in danger, you'd be better off advising the children and their caretakers to leave the area rather than single-handedly trying to get the dog owners to take their fanged beasts elsewhere.

You might also — as you herd the groups to safety — discreetly call the city or police to report the behavior.

If, on the other hand, the pet owners you are passing appear to be civil human beings, and their dogs are cute and friendly, I encourage you to politely but firmly request they use the off-leash area.

This is not just your right, it's arguably your moral duty.

Owners who illegally let their pets romp off leash turn public opinion against dog owners, and make it much harder to win much needed space for off-leash romping.

There's also the question of hygiene. Even if the owners scoop any poop in the area, I doubt they're going to remove every last molecule of feces from the grass where you might want to sit, or lie down, or picnic, or let your own small mammals crawl around, taste-testing everything they can get their paws on.

The website doodycalls.com says the bacteria in dog waste can cause cramps, diarrhea, intestinal illness and serious kidney disorders in humans. And even cute and friendly dogs are still dogs; they get excited and jump and nip. At best they can trip you as they dart across your path, or snag your favourite sweater when they leap up to show you how much they love you. At worst, a darting, nipping mutt of any size can terrify the infirm or elderly, and easily draw blood from a toddler or infant, which must then lead to rabies shots and, possibly, a lifelong fear of dogs, not to mention talk of putting down the pooch.

Finally, note that restricting dogs to enclosed, off-leash areas is also safer for the dogs. In Edmonton this year, dog owners are lobbying the city for more fenced-in areas after several dogs were reportedly killed in traffic near a popular off-leash area.

Don't worry about being a party pooper for the pups. You may be spoiling their fun in the moment, but you'll be doing them a favour in the long run.

Need advice? Email Ellen
scene@metronews.ca

metroview

I quit drinking. I felt amazing. And it ruined my dating life.

Liz Beddall
Metro | Toronto

I had an epiphany in October. I had passed out in the midst of yet another binge-drinking/binge-eating session and, upon waking with belly full and mind numb, it occurred to me that perhaps it was time to set this habit aside for a while, just to see what happens. So I did — and things happened.

Twenty pounds shed and happy as a clam, I'm now enjoying the most awake, energized period of life since I was a teenaged alcohol-virgin. I'm proud to bring San Pellegrino to parties, and I feel great while my friends are banging their morning heads against Advil and home fries.

But then that pulsating red heart pops up on Tinder, indicating a match, and I remember what's been lost.

The ongoing scandal of dating in 2015 has been exhaustively documented: Breakdowns over text message, heightists, weightists, no-shows, no apologies, no resemblance to the profile pic. It's an emotionally perilous venture, fraught with heartbreak, confusion and anxiety. And into this chaos I now had to tread without my wingman, the sweet, socially stabilizing companion called alcohol.

My sober dates thus far have been plentiful and tough. Alcohol is routinely brought up within the first two minutes and I, candid to a fault, often give over the truth immediately: "I don't drink, but please, please drink — drink abundantly, get drunk enough for both me and you." The confession invariably sends the date into sombre territory, a sterile atmosphere pervades, and the businesslike conversation ends with a stiff hug.

Back in my alcohol-soaked and very successful dating past, I didn't even have to get drunk. The social leeway afforded by the mere suggestion of intoxication — the free-flowing flirtation, the easy conversation, the silliness and (possibly feigned) charm that comes after even one drink — is so tied up in the ritual that, without a bottle in hand, my companions and I were lost.

Sure, my life was never better, but my dating life was never worse. So guess what I did? I decided that I would allow myself up to two drinks when on out-of-the-house dates. And so, following my next rightward swipe, at the risk of guilt and regret, I sipped. And it was amazing. Stella needed to get her groove back, and she got it — with a little help from her friend, Ms. Artois.

Over a glass of soda water I rationalize thusly: Growing up means seeking a balance, sometimes awkward, between an expression of happiness at night and confidently facing our reflections in the morning. As long as we're actively attempting to find the best footing on our own high wire, moral compromise is not only permissible. At times, it can be straight-up delicious.

Cheers my dears — and see you on Tinder.

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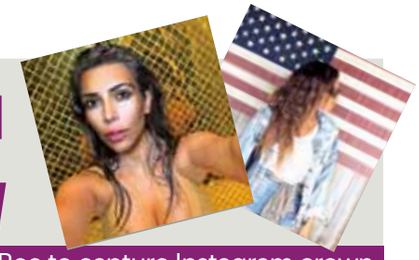


Kim Kardashian slips past Queen Bee to capture Instagram crown

B.C. produces the most blueberries in the country, with 800 growers in the province. THE CANADIAN PRESS/HANDOUT

Blueberry fields forever

AGRICULTURE

Time is ripe to buy from Canada's vast fresh crop

Whether they're cultivated or wild, juicy Canadian-grown blueberries are in stores now.

A hot dry summer in B.C. — which produces the lion's share of the fruit in this country, with more than 800 growers in the province — has meant the crop is farther ahead than usual.

While they're generally harvested until the first week of October, "we're going to be lucky if we go to the first week of September this year," says Debbie Etsell, executive director for the British Columbia Blueberry Council.

Meanwhile, on the East Coast, the harsh winter delayed the start of the wild blueberry harvest by about a week.

"The harvest is a race with winter," says Peter Rideout, executive director of the Wild Blueberry Producers Association of Nova Scotia.

"The fruit won't stand any frost at all on the vine so even though most of them go in the freezer as soon as we harvest them, they won't stand any freezings.

"If we happen to get an early September frost, that would be a concern on fruit that hasn't been harvested."

There are two basic types of blueberries. Highbush, or cultivated, bear larger berries. Lowbush, or wild, are smaller.

The highbush plant was derived about a century ago by Elizabeth Coleman White, a New Jersey woman who teamed with botanist Frederick Coville to domesticate the wild blueberry plant.

Wild blueberries grow across the northeastern continent up into the boreal forest, with the commercial highbush crop coming mainly from B.C., the Maritimes, Quebec and Maine, says Rideout. A small amount come from Newfoundland and Labrador and northern Ontario.

Look for fairly firm, sweet-smelling berries with no signs of mould or mildew and no crushed berries in the box, Foodland Ontario advises.

Store them loosely covered in their clamshell containers or transfer to a self-sealing plastic bag and refrigerate or freeze.

Take out what you need and wash just before use. Blueberries have a natural bloom — a silvery sheen — which is nature's protection. If you wash it off before storage, the berries won't keep as long, Etsell says.

About 90 per cent of the wild blueberry crop is frozen within 24 hours of harvest, which involves laborious hand raking and separating the berries from twigs and leaves.

"We put everything in the freezer quick as we can at harvest time and then afterwards when things quiet down a bit a lot of that frozen fruit will be transformed into dried fruit or fruit purée or preparations for dairy product," such as yogurt and ice cream, Rideout says.

Both wild and fresh blueberries are packaged frozen for sale throughout the year in grocery stores.

The U.S. and Japan are big export markets for both wild and cultivated Canadian blueberries.

THE CANADIAN PRESS

ISTOCK

WORD OF MOUTH

Finding your thrill on berry hill

Wild blueberry picking is the most romantic date. Think of how much you would learn about a partner: willingness to hunt and pick patiently versus outbursts if the bucket spills, commitment to nature versus tramping on shrubs, resilience to mosquitoes and tolerance to bees (kill a bee, and our friendship is over). But most of all, a love of wild blueberries that runs so deep he or she would spend an entire day to gather a few cups of the most delicious, high-nutrient fruit grown in North America. Or, you could buy them fresh and in season right now and go to the movies.

A few things I learned about wild versus cultivated blueberries: They grow in nutrient-rich glacial soils and thrive in harsh climates. They have a higher skin to pulp ratio (read: they're smaller) which means more antioxidants and intense flavour.

Blueberries aren't just for dessert; they are amazing as a sweet pop of taste in savoury dishes. Try:

- A salsa of blueberries, minced purple onions and vinaigrette
- On pizza with feta cheese and basil
- In an omelette with sweet mascarpone cheese along with blueberry tea biscuits

Being versatile, intense, full of life, resilient and hearty are great qualities in potential mates and blueberries. Go figure.

THERESA ALBERT/FOR METRO

Theresa Albert is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

RECIPE: BLUEBERRY TURKEY BURGERS

THE CANADIAN PRESS/HANDOUT

Makes 4 burgers.

Ingredients

- 2 tsp vegetable oil
- 3 Tbsp barbecue sauce
- 4 whole-grain burger buns
- 1 lb (500 g) lean ground turkey
- 3/4 cup blueberries, fresh or frozen, roughly chopped
- 1/4 cup chopped green onion
- 1 large egg
- 1 Tbsp whole-grain mustard
- 1 Tbsp chopped fresh parsley or 2 tsp dry
- 2 tsp chopped fresh thyme or 1 tsp dry
- 1 tsp finely minced garlic
- 1 tsp paprika
- 1 tsp salt
- 1/2 tsp black pepper
- 3 Tbsp bread crumbs or ground flax seeds (if needed)

Directions

In a bowl, mix burger ingredients and form into four 2-cm thick patties. If mixture appears too wet, add bread crumbs. Refrigerate until ready to cook.

Preheat a heavy-bottomed pan or barbecue to 350 F. Grease grill with an oiled paper towel or heat oil in pan.

Sear patties on medium-high heat, cooking for five to seven minutes until browned.

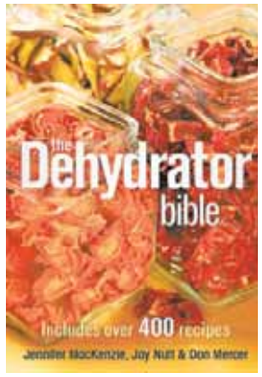
Carefully flip over, reduce heat to medium-low and finish cooking for another five to seven minutes until internal temperature reaches 165 F.

Brush with barbecue sauce and serve on buns with condiments of your choice. THE CANADIAN PRESS

Discover a testament to taste with recipes

THE DEHYDRATOR BIBLE

With this cookbook, you won't need store-bought



In The Dehydrator Bible, readers can learn the best ways to dry foods for their pantry and how to use the items in recipes.

An easy way to use up seasonal fruit and create treats to tuck into school lunches is to make fruit leathers.

"You literally purée the fruit, spread it out (on a dehydrator tray) and you've got this wonderful snack," says Jennifer MacKenzie, a home economist and co-author of The Dehydrator Bible.

"They come out uniform and you can do some amazing combinations. So instead of buying those fruit snacks from the grocery store you can make your own."

Included in the book are strawberry and banana, apple and grape, peach and vanilla or watermelon, mango and lime, among others.

MacKenzie also suggests making vegetable leathers with roasted pumpkin, squash or mushrooms, which are great to simmer into sauces to boost flavour.

Here's one recipe to try:

Apple, Cranberry and Oat Breakfast Crumble

- 2-l (8-inch) glass baking dish, greased
- 375 ml (1 1/2 cups) dried apple slices
- 75 ml (1/3 cup) dried cranberries
- 1 ml (1/4 tsp) ground cinnamon
- 425 ml (1 3/4 cups) unsweetened apple juice, divided
- 250 ml (1 cup) quick-cooking or large-flake rolled oats
- 30 ml (2 tbsp) whole-wheat flour
- 30 ml (2 tbsp) liquid honey or maple syrup
- Flavoured yogurt, for serving

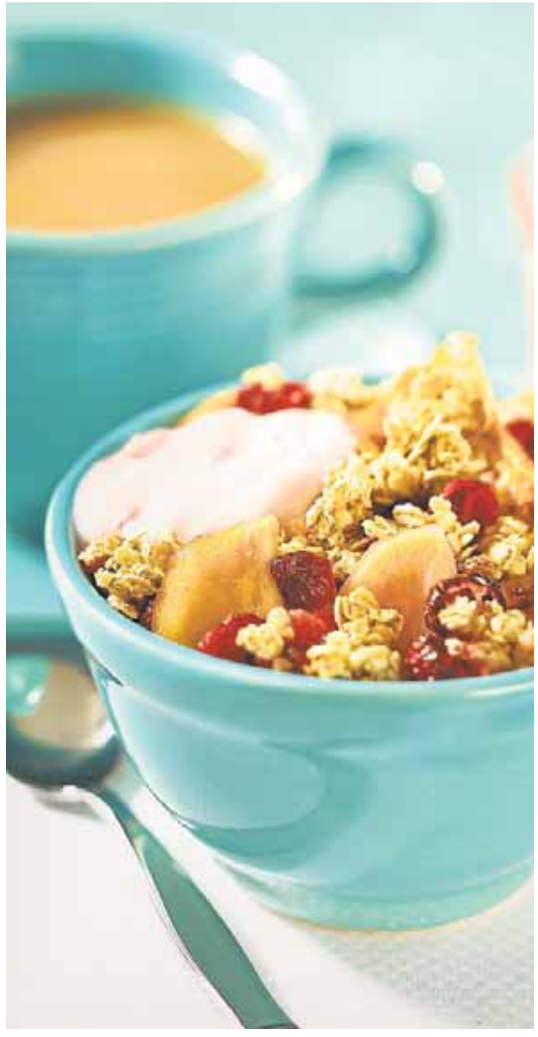
In a prepared baking dish, combine apples, cranberries and cinnamon.

Pour in 375 ml (1 1/2 cups) of the apple juice. Cover and refrigerate for at least 8 hours or for up to 12 hours.

Preheat oven to 375 F.

In a bowl, combine oats, flour, honey and remaining apple juice, stirring until crumbly. Sprinkle over apple mixture. Bake for about 20 minutes or until fruit is hot and bubbling and topping is crispy. Serve hot or warm, with a dollop of yogurt. Makes 4 servings.

THE ASSOCIATED PRESS



Apple, cranberry and oat breakfast crumble is one of the tasty recipes readers can find in The Dehydrator Bible. HANDOUT

PINOT GRIS

Yes, Oregon makes good wine

LIQUID ASSETS

Peter Rockwell
@therealwineguy

You're forgiven if you believe California is the only American wine producer. After all, The Golden State pumps out 90 per cent of the juice made in the U.S.

Believe it or not, every state (including Alaska) makes wine, with Washington and Oregon leading the non-Cali pack in production.

Though Washington's near desert-like climate may not seem overly grape friendly, it's able to produce amazingly expressive wines; especially from Riesling, Syrah and Cabernet Sauvignon. Oregon wines have a European flare, with Pinot Noir and Pinot Gris (a.k.a. Pinot Grigio) the base of the best of its best.

Firesteed Cellars, owned by venerable Howard Rossbach, is an Oregon trailblazer. Its 2013 Pinot Gris ($17.60-$19.99) is a dry, citrus-rich wine that swings heavily towards the Grigio side of the grape variety's personality.

Try it with some fresh white fish, lighter poultry dishes or as an aperitif alongside some prosciutto-wrapped melon.

Prices reflect the range across the country.

Some products may not be available in all provinces.

STUDY CONTRADICTS COMMON BELIEF

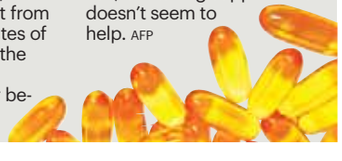
Fish oil supplements don't prevent mental decline, new research says

Fish oil supplements, which are high in omega-3 fatty acids, do not protect against mental decline, said a study released Tuesday.

The five-year clinical trial, published in the Journal of the American Medical Association, is "one of the largest and longest of its kind," according to a statement from the US National Institutes of Health, which funded the research.

"Contrary to popular belief, we didn't see any benefit of omega-3 supplements for stopping cognitive decline," said study author Emily Chew.

Omega-3 fatty acids are found in fish oils, and people who regularly eat fish such as salmon, tuna and halibut have been shown to have better eye, heart and brain health than people who do not eat these kinds of fish, but taking supplimetns doesn't seem to help. AFP



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HUNGER GAMES

Does being hungry make women feel less sexy?

In a U.S. study of college-aged women of normal weight, researchers found that participants with a reasonably full stomach responded better to romantic cues than those left hungry.

Using MRI imaging, researchers out of Drexel University observed brain activity among habitual dieters versus non-dieters. When fed, and then shown romantic images, both groups' reward centres in the brain lit up more than when shown these images while still hungry.

Investigators say the findings reinforce the idea that diverse rewards (think food, gambling, alcohol and sex) are interrelated.

"Receiving one type of reward might affect your response to another type," says senior author Michael R. Lowe, a professor at Drexel.

METRO NEW YORK

Oven-made meat jerky

TRENDS

Full of protein, dried meat and fruit make for great snacking

Eva Kis
Metro in New York City

Jerky has come a long way since we all started snapping into Slim Jims. What began as a novelty snack has become the darling of the Paleo world — minus the preservatives, MSG and artificial flavours, of course.

The best part is that all the bad ingredients that came out can be replaced with healthier, flavourful alternatives for a next-level snack that's low in calories but packed with protein.

We checked out Pamela Braun's new book, Jerky Everything, out earlier this month, for a few ideas, and had our minds blown by the variety of dried treats now at our fingertips.

The book's subtitle isn't Foolproof and Flavorful Recipes for Beef, Pork, Poultry, Game, Fish, Fruit, and Even Vegetables for nothing. Since it's so delish right off the grill, pineapple jerky is officially on our list of summer food experiments.

You don't even need to buy a dehydrator; for jerky, a gas, electric or convection oven will work just fine, Braun writes. Preheat to 200 F and place the meat or fruit strips on a cooling rack set on a baking sheet to better circulate air. Convection ovens take about 90 minutes; for gas or electric, start checking at 2.5 hours.

Jerky is ready when it looks dry, but bends it without snapping. If it does break, just stick it back into a new marinade and try again.

Among the over 120 recipes, there was definitely one that caught our attention. Sriracha sounds like just the spicy-sweet summery touch to elevate our on-the-go snack game.

"You'll be pleasantly surprised that the heat from the sauce kind of disappears in this recipe, so even if you don't do spicy, you can eat this jerky," Braun writes. "If you want to add some heat to this, toss in some red pepper flakes. The flavour will blend better than if you added another type of hot sauce."

SRIRACHA JERKY

Ingredients

- 1/2 cup unseasoned rice vinegar
- 1/3 cup + 2 Tbsp Sriracha sauce
- 1/4 cup brown sugar
- 2 tsp granulated ginger
- 1 tsp granulated garlic
- 1 tsp salt
- 1 pound London broil strips

Directions

In a one-gallon resealable plastic freezer bag, mix together all the ingredients except the meat, and allow the mixture to sit for 10 minutes. Add the meat strips and mix them around so they get completely coated with the marinade.

Remove as much air as possible from the bag, seal, and place it in the refrigerator for 8 to 24 hours.

During the marinating time, work the meat around so the marinade is fully incorporated into it.

Remove the strips from the marinade and arrange in a single layer for drying. Store in an airtight container.

EVA KIS/METRO NEW YORK

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CPS

5 BEST BEAUTY TRENDS FOR THE NEW SEASON

Fall is an excellent excuse to shake-up your beauty routine. From earth tones, cat eyes and strong puckers to gothic romance, here are the best makeup looks to keep you on-trend this season. **AFP**

© LEON NEAL/AFP

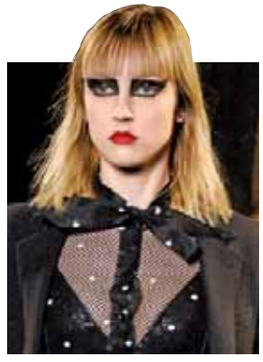
1 Autumn colors

It may sound obvious, but earthy shades are the perfect way to usher in fall. Soft eggplant hues were on show at the Burberry Prorsum AW15 show, keeping the look dreamy and romantic. Chanel has named its new makeup collection Les Automnales and based it on the natural colours of the season, with muted tones illuminated by shimmering touches of gold, bronze or copper, evocative of the plays of light cast by rays of sunlight on tree branches.

©GIORGIO ARMANI PRIVÉ

2 Bold lips

A bold pout in an offbeat color is the style trick that will see you through the winter. Giorgio Armani Privé's "Shocking" haute couture show in Paris focused on punkish and unapologetic pink in the house's new Ecstasy Lacquer lipstick ($38) in Maharajah, which launches this September, while burgundy was the color du jour on the Roksanda AW15 catwalk.



3 Tomcat eyes

The cat eye isn't going anywhere soon, but it has been revamped. Black liner was smudged and grungy at Diane von Furstenberg, straight and masculine at Fendi and exaggeratedly square at Saint Laurent, so feel free to get creative.

4 Twenties hair

Release your inner flapper girl, for this is the season of Twenties hair. From the cinematic kiss-curls on show at Givenchy to the razor-sharp bobbed hairpieces at Chanel couture, the playful and theatrical nature of the Jazz Age crept into the AW15 shows. If you don't want to go all the way, then consider channeling the look with the help of a crimper or curling iron and a side-swept fringe.

©BEN STANSALL/AFP

5 Gothic vibes

The shorter days and colder weather are enough of an excuse for us to indulge in a more gothic look, and we'd only be following the fashionable example set at Giles, where smoky eye sockets, pale bases and strong black lipstick set the tone for the season. Take inspiration from Vivienne Westwood, whose AW15 show saw models sporting elaborate smudged eyes.

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Your essential daily news

8 million hybrid cars sold by pioneer Toyota, 20 years after presenting its first concept car

A sports coupe with lots of sport

ROAD TESTED

REVIEW

M235i Coupe one of the edgiest models in the BMW catalogue

Mike Goetz
Metro | Canada

The BMW M235i is built to a formula that driving enthusiasts never tire of — put a big engine in a small vehicle. This never fails to make the small vehicle go real good.

The M235i does not let the formula, or driving enthusiasts, down. This is a wonderful and understated sports coupe, which makes the most out its high-end BMW hardware.

The 2 Series is BMW's smallest car line. The M235i XDrive is at the absolute upper limit of the 2 Series range. The "M" prefix denotes it as one of BMW's new-to-North America "M Performance Automobile" models, which raises the sporting quotient over regular models, but not to the extent of full-on "M" models, such as the M4 Coupe or M5 Sedan.

It features a unique 3.0-litre inline six cylinder cranking out 322 hp and 332 "torques," M-specific chassis tuning with automatically adaptive suspension, upgraded braking, variable sport steering and exhaust, and Michelin Pilot Super Sport tires. The latter is as racy as premium, sporting tires get.

The not-too-dramatic styling is a perfect fit for the dual nature of this car. When you just want to schlep around town in comfort and save fuel, you can select the COMFORT or ECO PRO settings on the Driving Experience Control and away you go. When you want to access the M235i's wild side, you can select SPORT or SPORT + and away you go too, but way faster.

The XDrive all-wheel-drive system never detracts from the essential rear-wheel drive feel of this sports coupe. The 8-speed automatic is very frisky, and well suited to engaged driving. The M235i is also surprisingly comfortable over rough pavement.

The cabin is pretty much BMW standard issue, which is to say tastefully done, and with an iDrive master controller and some real switches and buttons (and no touch screen). The front seats are extremely comfortable and extremely adept at holding you in place when you're losing your mind (in a good way) in the corners. Not surprisingly, the rears seats are a bit tight.

The M235i can be had with every connectivity and active safety tech piece on offer by the industry, but as per premium German brand practice, option packages are premium priced. The nice stuff on our tester added another $9,350 to the $48,750 base price.

The M235i doesn't seem to have any direct competitors. It's the only compact, two-door, RWD sport coupe from the premium makes; the others offer sport coupes but one rung up in size class (like Cadillac ATS). Other competitors might include FWD-based go-fast premium coupes (like Audi S3), and maybe non-premium RWD coupes (like Ford Mustang).

THE CHECKLIST | 2015 BMW M235I XDRIVE

THE BASICS

Type. Premium, compact, two-door, RWD/AWD sports coupe
Power. 322-hp, turbo, 3.0-litre I6
Transmission. 6-speed manual or 8-speed automatic
Price. Base $48,750 (plus destination)

NOTABLE FEATURES

- ConnectedDrive package includes Internet, real-time traffic alerts, and concierge services
- M Performance Exhaust and Adaptive Suspension system
- To save fuel, automatic transmission disengages from engine when drivers take foot off the gas

MIKE GOETZ/FOR METRO

POINTS

- Previously known as 1 Series. All-new platform for model year 2015
- All 2 Series vehicles exclusively two-doors. Cabriolet model added for model year 2016
- Base 228i Coupe ($36,000) is RWD and powered by 241-hp twin-turbo "four"

MARKET POSITION

- Premium compact coupe for those who prioritize driving pleasure
- "M Performance Automobile" trim means more sport than normal, but not as much as full "M"
- Spiritual success to BMW's original small sports coupe, the iconic 2002, built from 1962-77

THE COMPETITION

Audi S3
Base price: $45,400

Mercedes-Benz C 350 4Matic Coupe
Base price: $56,050

Hyundai Genesis Coupe
Base price: $38,185

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Model shown: CR-V Touring RM4H9FKNX

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Cash purchase incentive on select 2015 models

MSRP $25,745** includes freight and PDI.
Model shown: Accord Touring CR3F9FKN

2015 **PILOT**

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Cash purchase incentive on every 2015 model

MSRP $37,095** includes freight and PDI.
Model shown: Pilot Touring YF4H9FKN

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†Up to $1,500/Up to $2,000/$5,000 Honda cash purchase incentive is available on select 2015 CR-V models (LX AWD, SE, EX, EX-L, Touring), select 2015 Accord models (2D EX, 2D EX-L Navi, 4D LX 6MT, 4D LX CVT, 4D Sport, 4D EX-L, 4D Touring) and every 2015 Pilot model. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. **MSRP is $30,045/$25,745/$37,095 based on a new 2015 CR-V LX AWD RM4H3FES/Accord 4D L4 LX 6MT CR2E3FE/Pilot LX YF3H2FE including $1,695 freight and PDI. Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, which are both due at time of delivery and covered by the dealer on behalf of the customer on Specified Models only. Offers valid from August 1st through 31st, 2015 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details.

MANUFACTURING

A car is born: An inside look at a Chrysler casting plant

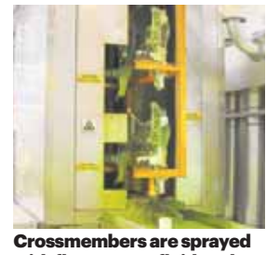
DRIVING FORCE
Jil McIntosh

During the Second World War, the Canadian government commissioned a factory on the west side of Toronto to build parts for military planes. In 1964, it was purchased by Chrysler, which used it to make engine components.

Now considerably enlarged and known as Etobicoke Casting, the plant is one of the company's top casting facilities. It uses proprietary aluminum alloy and high-tech methods to make vehicle crossmembers, as well as other parts that go into every vehicle the company sells in North America except for Viper and Fiat.

"Not many people can (make) these parts," says Ramsey Aljahmi, the plant's manufacturing manager. "There are very rigid quality requirements for these structural parts."

The plant makes many of its parts from a traditional alloy called 380, which is delivered molten from a nearby supplier. But it's too brittle for making crossmembers, which not only need some flexibility to handle road stress, but have to be strong enough to support all the suspension parts bolted to them.



Crossmembers are sprayed with fluorescent fluid so that workers can check them for any tiny cracks.
JIL MCINTOSH/FOR METRO

For that, the plant uses a special alloy called Silafont, developed in Germany and available from a single North American supplier in Missouri. Since it's too far away to deliver molten, the alloy arrives in ingots that are melted in furnaces in the plant. It's injected into the moulds at very high speed and high pressure, filling the cavity in less than one-tenth of a second. While it would take six to eight minutes to cast the part conventionally, the high-pressure system does it in two.

Any trapped air in the part could cause it to fail, and so each is X-rayed with 46 separate images. "It's like doing an MRI on every single part," Aljahmi says. "If one portion solidifies at a different rate, it can cause voids in the casting."

Parts that pass the X-ray screening are sprayed with fluorescent penetrating fluid, rinsed and then examined under blacklight, where workers look for any traces of glowing fluid that could indicate tiny cracks. Finally, they're stamped with an approval code and shipped out to vehicle assembly factories.

The plant is considered so good at what it does that its engineers have helped to train other casting facilities, including one of Fiat's key suppliers in Italy. It's also believed to be the largest single user of Silafont alloy worldwide, and will cast some 20.4 million kilograms of it this year.

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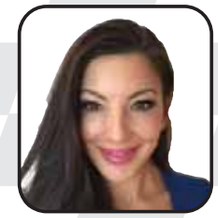
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2015 Kia K900

It was likely only a matter of time before Kia developed a car that's based on the rear-wheel-drive platform used by the Hyundai Genesis (the two companies share most platforms). The weirdly named Kia K900 is the largest, most luxurious, most powerful and the most expensive ($50,000 to start) Kia to date. **JEFF MELNYCHUK** WHEELBASE MEDIA

THE RUNDOWN

1 Wheels
Eighteen-inch wheels are standard. These optional 19-inch wheels are 2.5 centimetres wider at the rear and are wrapped in tires that are 27.5 centimetres wide.

2 You want interior room?
The front and rear wheels are spaced 20 centimetres farther apart than they are for the Cadenza sedan.

3 Headlights
Sixteen LEDs: eight per side. LED technology can also be found at the rear.

4 Weigh-in
The K900 has a base curb weight of 1,940 kilograms.

5 Engines
There's a base V6 engine and optional 420-horse 5.0-litre V8 mated to an eight-speed automatic transmission.

TECHNOLOGY

Fingertip controls

- "Shift by wire" (optional) has no hard connection to the eight-speed transmission
- "Park" is a button
- Control most systems through this knob

SOURCE: KIA

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Your essential daily news

Mario Balotelli is being loaned back to AC Milan after a disastrous year at Liverpool

Benson plays 'team first' heading into draft year

WHL

Giants star a potential first-round NHL pick

Cam Tucker
Metro | Vancouver

Tyler Benson's golf game, he sheepishly admitted, is about average. His hockey game, on the other hand, is a different story.

Coming off an impressive rookie season with the Vancouver Giants, with 14 goals and 45 points in 62 games, the 17-year-old Benson carried that over into Hockey Canada's U-18 program at the Ivan Hlinka Memorial Cup tournament earlier this month in Slovakia and Czech Republic.

That has only increased the buildup heading into this season and perhaps beyond, as Benson could hear his name called in the opening round of the 2016 NHL Entry Draft. He's had a similar experience before, as the first overall pick in the Western Hockey League bantam draft.

"Team first. If our team's having success, I'll have success," Benson said Tuesday.

While Benson played on the wing with Team Canada, the Giants will likely move him back into the middle of the ice to give them a solid one-two punch at centre with veteran Carter Popoff, which general manager Scott Bonner says has been lacking since as far back as 2008.

It's been a while since the Giants have had an individual player who could enter into the top 10 of the NHL draft. Evander Kane, selected fourth overall in 2009, was the last.

Bonner believes players like Jackson Houck and Taylor Crunk, acquired this summer, will also allow Benson to have more space to operate with the puck, which is something he didn't have the luxury of last season against older, more experienced teams.

> **His will to win and how he hates losing, you can't teach it.**
> Giants GM Scott Bonner

"I just want him to be a good player," Bonner said. "He was for us last year. At times he was our best player. I think he's fortunate this summer he's got some international exposure. You can't weigh how valuable that is for a player.

"He's one of the most competitive people we've had here. His will to win and how he hates losing, you can't teach it."

New head coach Lorne Molleken was able to watch Benson and the Ivan Hlinka tournament from his computer and has been in contact with pro scouts about the play of his prize talent.

"Their response to me was that he's elevated his game, which is a real positive for our hockey club," said Molleken.

Tyler Benson, left, and Alec Baer celebrate a Vancouver goal last season. Benson tallied 14 markers in 2014-15. BEN NELMS/GETTY IMAGES

CANADIAN CHAMPIONSHIP

Caps in control of their own fate

The Vancouver Whitecaps are trying to keep things simple with the message. Just win. It's a smart way of thinking. It doesn't need to be complicated.

A win over the Montreal Impact on Wednesday, and the Whitecaps win the 2015 Amway Canadian Championship, which would mark the first-ever Voyageurs Cup in franchise history. And they can do so in front of the home fans at BC Place Stadium.

Two years ago, the Whitecaps found themselves in a similar situation, but ended up losing the Voyageurs Cup in a draw at BC Place.

The driver's seat still belongs to the Whitecaps heading into Wednesday's second leg of the national championship. While they coughed up a late two-goal lead in what could've been a monumental victory on the road in Montreal earlier this month, they still earned the draw with two away goals.

Away goals are critical as one of the tiebreakers. Should the two teams score the same number of goals at the end of two legs, the team with the most away goals wins the championship.

The Whitecaps could simply eliminate that factor by winning, although the phrase "easier said than done" often accompanies such statements.

"We've never won it and for us, it's our time right now," said Pa-Modou Kah, who could be available for the Whitecaps despite a facial fracture that requires the central defender to wear a custom-fitted mask.

"You have to play like it's zero-zero." CAM TUCKER/METRO

> **I think it's important to defend well and not concede any goals, because 1-1 is not good enough.**
> Impact coach Frank Klopas

ASTROS BLAST BRONX BOMBERS Astros shortstop Carlos Correa stretches to catch a throw at second base against the Yankees' Brett Gardner in New York on Tuesday night. Carlos Gomez and Evan Gattis both homered and drove in four runs, helping Houston win in blowout fashion, 15-1.
KATHY WILLENS/THE ASSOCIATED PRESS

MLB

Jays rally late for win in Texas

Troy Tulowitzki had a game-tying RBI single in the ninth inning before Adrian Beltre's throwing error allowed another Toronto run to score as the American League East-leading Blue Jays rallied for a 6-5 victory over the Texas Rangers on Tuesday night.

Rangers closer Shawn Tolleson walked two of the first three batters he faced. After pinch-hitter Justin Smoak flied out, Tulowitzki looped a single to left to tie the game 5-5.

Josh Donaldson then hit a high chopper to Beltre, the four-time Gold Glove third baseman who fielded the ball before a wide throw to first base.

It was only the second blown save this season for Tolleson (5-3), who has 25 saves and had converted his past 12 chances.

LaTroy Hawkins (3-1) gave up three singles in a scoreless eighth before Roberto Osuna worked the ninth for his 15th save in 16 chances.

Toronto is 20-4 since acquiring Tulowitzki in a trade with Colorado last month. The Blue Jays took a one-game division lead after the New York Yankees lost 15-1 earlier Tuesday to AL West-leading Houston, which leads Texas by 4-1/2 games.

The Rangers still hold the AL's second wild card after having their three-game winning streak snapped. They have won nine of their last 12 games.
THE ASSOCIATED PRESS

TUESDAY In Arlington

BLUE JAYS	RANGERS
6	5

UEFA CHAMPIONS LEAGUE CELTIC CEDE TO SWEDES Malmo's Markus Rosenberg heads the opening goal on Tuesday. Malmo surprised Celtic with a 2-0 win to overturn a 3-2 first-leg loss in Scotland. ANDREAS HILLERGREN/TT VIA THE ASSOCIATED PRESS

IN BRIEF

Defoe saves Sunderland

On a frenzied, big-scoring night in the League Cup, Jermain Defoe's hat trick settled Sunderland's nine-goal thriller as Premier League teams were given a rough ride by lower-league opponents on Tuesday.

Defoe's treble in a 6-3 win over Exeter compensated for defensive gaffes which allowed the fourth-tier side to draw level at 3-3 at half time. "I am totally unhappy with the goals we gave away at this level," Sunderland manager Dick Advocaat said. "I never had the feeling they would beat us." THE ASSOCIATED PRESS

QB Vick joins Steelers

Michael Vick needed a job. The Pittsburgh Steelers needed a backup QB. One solid workout solved both problems.

The Steelers signed the four-time Pro Bowler to a one-year deal on Tuesday night. THE ASSOCIATED PRESS

Seahawks turning Daniels into receiver

NFL

After playing QB his whole life, B.J. settles into new role

Seahawks' B.J. Daniels, right, carries the ball against Kansas City Chiefs during a preseason game. PETER AIKEN/GETTY IMAGES

B.J. Daniels has played football since he was six years old and never played any position other than quarterback.

So naturally there was some hesitation when the Seahawks came to him asking if he would consider moving to wide receiver this off-season. However, Daniels has made a fairly seamless transition to being on the receiving end of passes during training camp and is pushing for a spot on Seattle's 53-man roster.

"I'd never played another position before in my life," Daniels said. "So to have to change a position so drastic in the professional level can be challenging."

Daniels was a four-year starter at quarterback for South Florida before being drafted in the seventh round of the 2013 draft by the San Francisco 49ers. Daniels came to Seattle after being claimed off waivers from the 49ers that October.

After spending a few weeks on the team's active roster, he was released and signed to the team's practice squad. In two seasons in Seattle, he was in uniform for just one game.

But his athleticism has intrigued the Seahawks and they wanted to find a way to get him on the field. With Tarvaris Jackson entrenched as the backup to Russell Wilson, the move to receiver seemed to be the best chance for making that happen.

"The thought was we love him as a football player, let's see if we can find a place where he can make the team and play," head coach Pete Carroll said.

> **"I'd never played another position before in my life."**
> Life-long quarterback B.J. Daniels on becoming a receiver for the Seahawks

Daniels had served as a wide receiver on the scout team each of the last two seasons. Those glimpses while he was lining up against the Seahawks' helped fuel the idea of converting Daniels full-time. "I've been going against the first-string defence for almost two years now," Daniels said. Daniels has also become the team's backup kick returner behind rookie Tyler Lockett.

Daniels has caught five passes for 34 yards in two preseason games so far for the Seahawks. THE ASSOCIATED PRESS

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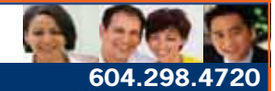

TRAINING innovations

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The Skills Connect for Immigrants Program is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columbia.

RECIPE Mushroom, Spinach and Asian Chicken Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Filling enough to be a main course meal! Serves 4.

Ready in
Prep time: 10 minutes
Cook time: 12 minutes

Ingredients
- 4 oz boneless skinless chicken breasts, diced
- 1 Tbsp cornstarch
- 2 tsp vegetable oil
- 6 cups sliced mushrooms (any variety)
- 8 cups baby spinach

Dressing
- 2 Tbsp low-sodium soy sauce
- 1 1/2 Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- 1/2 tsp minced ginger

Garnish
- 2 tsp toasted sesame seeds

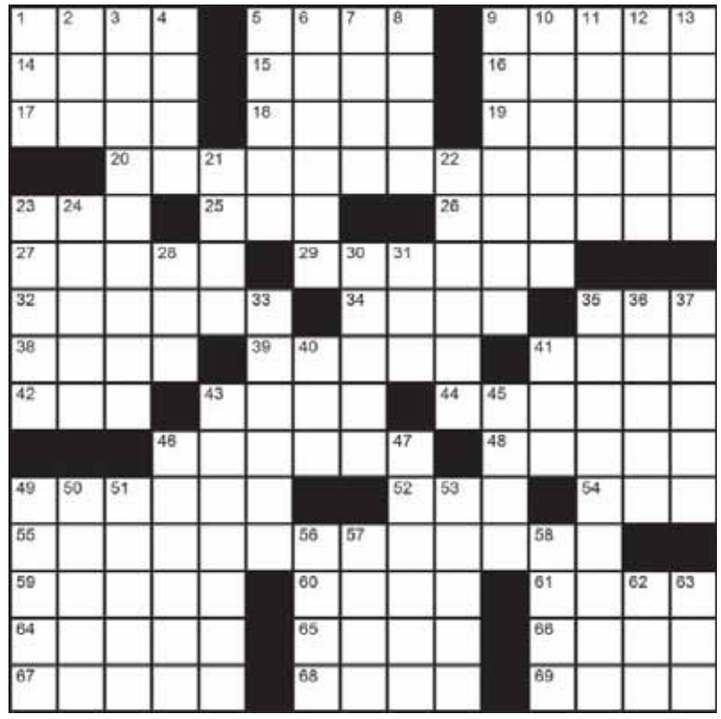
Directions
1. Dust chicken cubes with cornstarch. In a medium hot skillet, add oil and sauté for about four minutes or just until chicken is cooked right through. Set aside.
2. Wipe out skillet and spray with vegetable oil. Sauté mushrooms on medium heat until all the moisture has been absorbed.
3. Dressing: In a small bowl, combine all ingredients.
4. Place spinach on a serving platter and add mushrooms and chicken. Pour dressing over top, mix gently and garnish with sesame seeds.

Nutrition per serving
- Calories 111
- Protein 10.5 g
- Carbohydrates 10 g
- Fibre 2 g
- Total fat 4 g
- Saturated fat 0 g
- Cholesterol 16 mg
- Sodium 288 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Rocker/actor Mr. Springfield
5. Kitchen amt.
9. Ms. Winfrey
14. Agenda
15. Back
16. New Orleans-set HBO series of 2010 to 2013
17. Same: French
18. Inactive
19. Gradually diminish
20. Famous _ _ (World renowned black light puppetry company founded in Toronto in 1974)
23. Barely get by
25. Potpie morsel
26. Q. "Dylan Thomas, was he _ __ poet?" A. "Indeed."
27. Major artery
29. Abundant
32. Judge props
34. Pull in wages
35. "Survivor" network
38. Panache
39. Swap stock
41. Earth goddess of yore, variantly
42. Operated
43. Rupture
44. Timber decay: 2 wds.
46. Voice box
48. Beerless beer bottle
49. Sacred structure
52. Charlotte of "Diff'rent Strokes"
54. Listener
55. Margaret Atwood's nickname: 3 wds.
59. "The Man from _.-._.-._." (2015)
60. Potato chip brand
61. Tuner
64. Donald Sutherland's profession
65. Sheltered, nautically
66. Jealousy
67. Red Sea sailing vessels
68. Caesar's 1450
69. Pulitzer-winning writer James

DOWN
1. Circling stat.
2. 'Duct' suffix (Malleable)
3. Vacationer's home-on-wheels
4. Sports pad spot
5. Hogwash
6. James Blunt album: 'Back to _'
7. Pelletier's skating partner
8. Briefly get ready
9. Denizen of one of Canada's biggest cities
10. Spoke to God
11. Force back
12. Continental neighbours of Canadians, briefly
13. Famed journalist Seymour
21. Iridescent gem
22. In a den, as an animal
23. Gung-ho
24. Eucalyptus muncher
28. Coffee break time
30. Pine
31. "Way cool!"
33. "Connected" by _ MC's
35. Hardwood alternative
36. Region's plant and animal life
37. Ancient companion for Dionysus
40. Light beam
41. Class to be last-picked in :(
43. Family members on "Full House"
45. Movie projector attachment
46. Be inconspicuous: 2 wds.
47. Got imagery of the skeleton
49. Team
50. Intuition
51. Verso's pal amongst the pages
53. American nature photographer Mr. Adams
56. Flim-_ (Swindle)
57. Math class [abbr.]
58. Approximation
62. "5th _. Girl" (1939)
63. Caustic solution

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Good news will come your way today but maybe it would be smart not to read into it. In life you get nothing for free, not even from people who are generous by nature, so be careful.

Taurus April 21 - May 21
There may be no such thing as a perfect day but today will come close. Personally, professionally, romantically and financially you are on a roll — keep it going.

Gemini May 22 - June 21
If you want something enough you will find a way to get it, even if certain people don't want you to have it. Today will remind you that some of the best things in life don't have to be worked too hard for.

Cancer June 22 - July 23
You need to decide whether to forgive someone who has let you down badly. They say a leopard can't change its spots, so err on the side of caution and don't let them hurt you again.

Leo July 24 - Aug. 23
You will find it remarkably easy to charm your way to success today and maybe make a fortune in the process. But don't make claims now that you may find hard to live up to.

Virgo Aug. 24 - Sept. 23
With Jupiter so strong in your sign you are not going to sit at home watching the TV or reading a book. You want excitement and you will go anywhere and do anything to get it.

Libra Sept. 24 - Oct. 23
Something you were hoping would remain a secret will be brought into the open today but it won't be as embarrassing as you feared it would be. In fact, no one cares in the slightest.

Scorpio Oct. 24 - Nov. 22
Your generosity will make you friends today but it could also get you into trouble, especially if you are too trusting of people you don't know well. What happened to that overly suspicious Scorpio?

Sagittarius Nov. 23 - Dec. 21
You are worrying about issues that are not worth the effort. Today's Sun-Jupiter link promises that whatever you do things will work out well, so quit fretting and enjoy.

Capricorn Dec. 22 - Jan. 20
You cannot go wrong today. You will have the world eating out of your hand. You don't even need to be wary of people in positions of authority — they love you too!

Aquarius Jan. 21 - Feb. 19
Do you spend more quality time with family and friends or do you focus on making a name for yourself on the work front? Only you can decide but don't think it has to be one or the other.

Pisces Feb. 20 - March 20
Try not to take affairs of the heart oo seriously today. A new relationship may be making your heart beat faster but it may just be a short-term fling, so don't get too attached.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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6	7		8	4			3	
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					4			2

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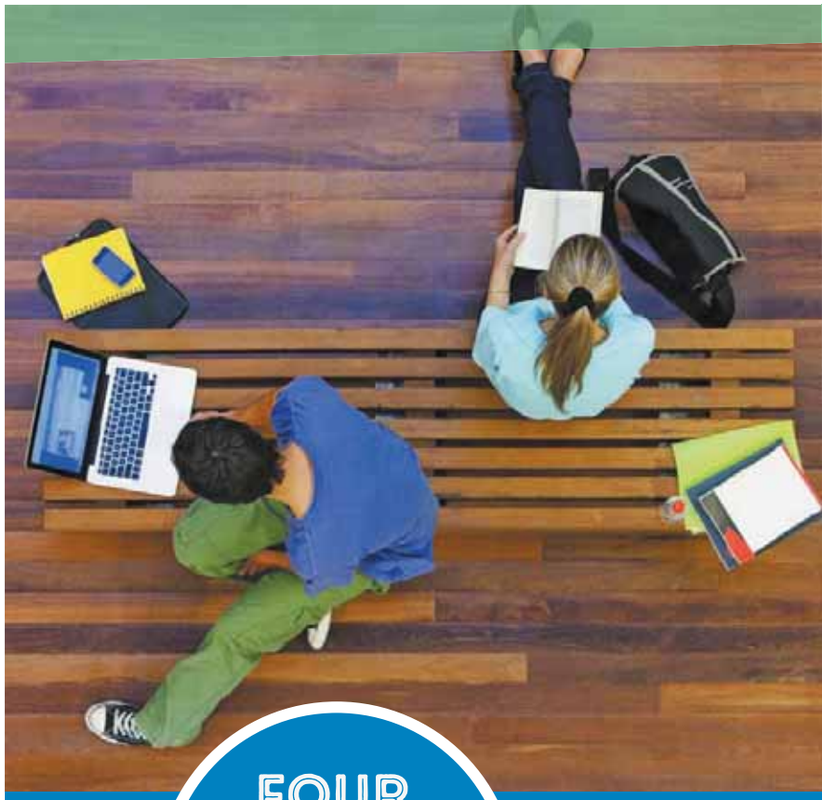

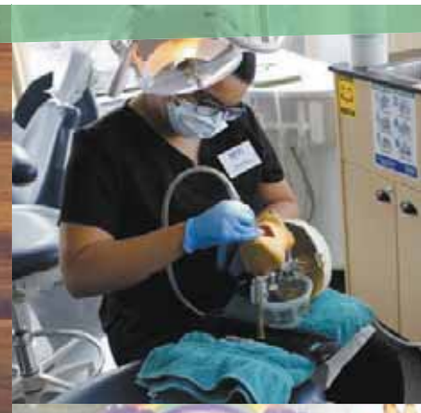

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Child, Family & Community Studies
Business **Health Care** **Tourism & Hospitality**

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31 Week Diploma

The Health Care Assistant program is your opportunity to be an integral member of our healthcare system and have a meaningful impact on peoples lives affected by illness, disabilities, and aging.

Early Childhood Care & Education

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MTI Community College specializes in teaching the Reggio Emilia approach to childcare. You will be certified to work with children in a variety of childcare settings, including daycare centres and pre-schools.

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45 Week Diploma

MTI will provide you with the training necessary to be the support children and teens with special needs require, so they can become a part of a community of learners in the Kindergarten to Grade 12 school system.

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Classes provide a personal and supportive learning environment and increased one-on-one with instructors.

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Most MTI programs include arranged practicums. This allows students the opportunity of achieving real on the job experience in their field.

Our Grads are Working

MTI has career-focused programs designed to help graduates find employment in their field soon after graduation. MTI's job succes rate in 2014 was over **95%***.

*Statistics from 2014 MTI GSR Report

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